

New
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Middlesex Fells Kids Ride Series 2008

"No Child Left Inside"

Saturday - June 21st 2008

Saturday - July 12th 2008

Saturday - August 9th 2008

Saturday - October 4th

*Take a Kid Mountain Biking Day - With
IMBA (Int'l Mountain Bike Association)*

Flynn Skating Rink - Medford

**Intersection of Elm Street and Woodland
Road (Exit 33 from I-93)**

10:30 AM for Pre-Ride Meeting

Skill Level: Kids - ages 6-17

*The MA Department of Conserva-
tion and Recreation (DCR) has
created a new program to provide
a fully supervised outside,
activity for children:*

*Beginning on Saturday June 21st,
Greater Boston NEMBA
RideGuides will be leading "off-
road" bicycle rides for ages 6-17.*

Details

Duration: about 1.5 hrs
(11:00 -12:30)

Pace: Certified leaders group ride. All
participants will be waited for at each
intersection. Loop is less than 3 miles.

411: This ride is meant to introduce chil-
dren to the fun, excitement and fitness
benefits that come from riding bikes in
the woods, and to teach respect for the
parks, trails, and other trail users.. The
ride will be well staffed and every safety
precaution will be observed. Parents are
welcome on the ride if they would like.
Riders must have a serviceable bike,
proper fitting helmet, and water for the
ride. Snacks will be provided!

If you cannot supply a bike or helmet for
your child, please let Howard Granat or
Lynn Hildenbrand know ASAP and we'll
arrange something - we have a limited
number of loaner bikes available.

*Part of the
NEMBA Explorers Program*

For event questions, contact:
Howard Granat 508-951-2908
Tim Post 617-515-4812

Please Pre-Register with

